

Child and Adult Care Food Program

Adult Centers Weekly Menu #2 • Lunch and Snacks

Center:

Week of:

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack – Select 2 of the 4 components:					
1. Milk (1 cup)					
2. Meat or Meat Alternate Meat, Poultry or Fish (1 oz.) or Alternate Protein Products (1 oz.) or Cheese (1 oz.) or Egg (1) or Peanut Butter (2 Tbsp.) or Cooked Dried Beans and Peas (¼ cup) or Yogurt (½ cup)					
3. Juice or Fruit or Vegetable (½ cup)					
4. Grains/Breads (1 serving*) Bread (1 slice) or Cereal (¾ cup) or Enriched Pasta and Grains (½ cup)					
Other foods (Do Not Count)					
Lunch					
Milk (1 cup)					
Meat/Meat Alternate Meat, Poultry or Fish (2 oz.) or Alternate Protein Products (2 oz.) or Cheese (2 oz.) or Egg (1) or Peanut Butter (4 Tbsp.) or Cooked Dried Beans and Peas (½ cup) or Yogurt (1 cup)					
Grains/Breads (2 servings*) Bread (2 slices) or Cold Cereal (1½ cups) or Hot Cereal (1 cup)	1.	1.	1.	1.	1.
	2.	2.	2.	2.	2.
Fruits and/or Vegetables (two or more different servings for 1 cup total)	1.	1.	1.	1.	1.
	2.	2.	2.	2.	2.
Other foods (Do Not Count)					
PM Snack – Select 2 of the 4 components:					
1. Milk (1 cup)					
2. Meat or Meat Alternate Meat, Poultry or Fish (1 oz.) or Alternate Protein Products (1 oz.) or Cheese (1 oz.) or Egg (1) or Peanut Butter (2 Tbsp.) or Cooked Dried Beans and Peas (¼ cup) or Yogurt (½ cup)					
3. Juice or Fruit or Vegetable (½ cup)					
4. Grains/Breads (1 serving*) Bread (1 slice) or Cereal (¾ cup) or Enriched Pasta and Grains (½ cup)					
Other foods (Do Not Count)					

*See "Serving Sizes for Grains/Breads in the CACFP" for specific serving sizes.